



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 19 • May 17, 2013

Special athletes, special sergeants

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Courtesy photo/JBSA-Lackland First Sergeants Council

Master Sgt. Jamie Williams (center) and members of the Joint Base San Antonio-Lackland First Sergeants Council are ready to serve the San Antonio Special Olympics Spring Games. More than 40 volunteers worked the Spring Games, a community outreach event for the First Sergeants Council, May 4 at Frank Mata Stadium. Story, Page 12.

Have courage, speak up

By Col. Daniel Higgins
2nd Bomb Wing Staff Judge Advocate

Recently, I saw a commercial depicting what appeared to be a typical business meeting. An older man, clearly the boss, said something along the lines of "So, we all agree – it's a good idea?" To which an employee responded "I think it's a stupid idea."

In the next scene, the employee who gave his opinion is out on the street with a box of personal belongings, the implication being that he was fired for speaking his mind.

I don't recall what the commercial was trying to get me to buy, but whatever it was, I don't need it. In fact, in the Air Force, we need the opposite. It takes courage to serve in the Air Force. Yes, obviously it takes great physical courage.

All Airmen, regardless of rank or career field, can find themselves suddenly and without warning in harm's way, whether deployed to a combat zone or "safely" back at home station. Physical courage is expected; it's part of the deal we made when we volunteered to serve. And I think everyone understands that.

But there's another type of courage that Airmen need: moral courage.

Airmen need the courage to do the right thing when it might not be the easy thing. They need the courage to speak up and identify an issue or a problem when everyone else thinks things are going great.

Leaders, regardless of rank, need the courage to face their daily challenges and make the decisions necessary to accomplish the mission. Every decision involves risk; and while effective leaders can and should mitigate that risk to the extent possible, they can't eliminate it entirely.

Leaders understand that if you make enough decisions, sooner or later you'll make one that turns out to be wrong. Effective leaders get that and they find the courage to make the decision anyway.

They take in the information available to them, weigh their options, mitigate the risk where possible, but they act with confidence and persistence.

But truly effective leaders also want to



Photo by Airman 1st Class Daniel Blackwell

hear when they are on the wrong path. In fact, I would argue that they need to hear it when they are on the wrong path. Being a good Airman requires, by definition, that you also be a good wingman – and being a good wingman means speaking up when necessary. As my Army friends would say, the time to hear I'm about to walk into a chopper blade is before I walk into the chopper blade. After-the-fact is not helpful at all.

As a leader, I value the members of my organization who are willing to speak up with a different viewpoint.

They have the courage to offer their views, understanding that they may not be popular. They may even be wrong, but they offer them up anyhow because they know it makes for a better decision.

We all bring different experiences and backgrounds to the problems we face

and those different experiences influence the way we view and solve problems. Those differences are what make the Air Force such an effective organization.

There is no monopoly on good ideas; they can come from anywhere and anyone in your unit. If you are the leader, cultivate a climate of openness that encourages your subordinates to speak freely and offer alternatives and suggestions for how to better accomplish the mission. If you're a follower, speak up!

You've got to be willing to say, "I think it's a stupid idea," when it is. Be respectful of course, but it doesn't do anyone any good for you to say, "Yeah, I thought we were on the wrong path, but I didn't want to say anything." That's not courage. That's not helpful to the organization. That's not being a good wingman – or a good Airman.

LACKLAND
TALESPINNER

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to publication.

News in Brief

WEDNESDAY

DLI INTERNATIONAL FEST

The Defense Language Institute English Language Center will hold its second annual International Festival Wednesday, 8:30 a.m. to 2 p.m., in the Gateway Club at Joint Base San Antonio-Lackland.

DLI students will display cultural artifacts, traditions and dress, geography and also answer questions about their country.

In addition, information about the DLI AMIGO (American Members of International Goodwill to Others) sponsor program will be available.

For additional information, call 671-2818.

MAY 29

502ND, JBSA CHANGE OF COMMAND

Brig. Gen. Robert D. LaBrutta will assume command of the 502nd Air Base Wing and Joint Base San Antonio from Brig. Gen. Theresa C. Carter May 29.

The change of command ceremony begins at 9 a.m. on JBSA-Fort Sam Houston at the MacArthur Parade Field.

INFORMATIONAL

TRAVEL SERVICES CHANGEOVER

Beginning June 1, TRAVCO will assume CTO services for JBSA-Lackland and JBSA-Randolph.

Alamo Travel will ticket approved reservations for departures through June 3.

TRAVCO cannot make changes to reservations ticketed by Alamo Travel or initiate refunds for unused tickets issued by Alamo Travel.

All unticketed reservations for travel beginning June 4 will be transferred to TRAVCO.

After June 1, Alamo Travel cannot reissue tickets for reservation changes. Travelers who need to change reservations ticketed by Alamo Travel must contact TRAVCO to make new reservations, then Alamo Travel to cancel and initiate refunds on previously ticketed reservations.

To contact Alamo Travel for refunds, call 593-0084 between 8 a.m. and 5 p.m., Monday through Friday, or email refunds@alamotravel.com.

To request copies of ticket invoices, email receptionist@alamotravel.com.

For additional information, call 652-1154.



Photo by Staff Sgt. Austin Knox

Senior Airman Erik White, 386th Expeditionary Operations Support Squadron, stands next to the newly installed portable Doppler radar at the 386th Air Expeditionary Wing, Southwest Asia May 4, 2013.

Face of Defense:

Weather Airman overcomes lightning strike

By Senior Master Sgt. George Thompson
386th Air Expeditionary Wing

Senior Airman Erik White, a 386th Expeditionary Operations Support Squadron weather journeyman, knows the dangers associated with lightning first hand. He was stuck by lightning while taking pictures as a thunderstorm rolled in when he was stationed at Barksdale Air Force Base, La.

He suffered second- and third-degree burns from his knee to his foot, but he was lucky. According to the National Weather Service, lightning has killed 9,235 people in the United States since the agency started tracking fatalities in 1940.

"It gave me a strong understanding of how powerful and how dangerous weather can be," White said. "I always tell people, of all of our 'big boy warnings' like tornadoes, damaging winds and hail, I think 'lightning within five [miles]' is the most important, because lightning kills more

people every year."

White's recovery included more than two months of convalescent leave and an early end to his amateur weather photography career. He still feels the effects of that electrifying day.

"I have some nerve damage in my leg, and it feels like that tingling feeling when your foot falls asleep," he explained. "It was about a year and a half before I fully got back to normal, but I can tell you it was a shocking experience."

Understandably, thunderstorms trigger stress for the Bloomfield, Ky. native. "When the thunder roars, I go indoors," he said.

White joined the Air Force fresh out of high school looking for a better life and to make something of himself.

"I had gotten to the point where nothing was working out," he said. "I had done the whole construction bit and odds-and-ends jobs, and realized the Air Force was a good option."

After graduating from basic training, White spent the next eight months at Keesler Air Force Base, Miss., learning about weather.

"Weather is interesting - it's 90 percent boring and 10 percent all craziness," he said. "There are two aspects of our job: the flying world and the personnel and resource protection aspect."

The flying aspect of White's job provides pilots and crews the information necessary to complete their mission. "We provide flight weather briefs and tell them about any hazards they may encounter en route," he explained.

The other aspect of White's job aims to protect personnel and the resources on the base.

"We provide the 'lightning within five' warnings that you hear across the loudspeaker to keep people safe," he said. "We also issue certain warnings to help the base commanders make preventive actions like tying down or to moving aircraft."

Air Force Honor Guard seeking a few good men...and women

By Senior Airman Bahja Joi Jones
11th Wing Public Affairs

The U.S. Air Force Honor Guard is on a mission to find new, motivated Airmen to join their ranks and represent the excellence and precision of the Air Force.

In particular, the Honor Guard is seeking noncommissioned officers, or "lateral" recruits to balance the unit, which is currently made up of primarily junior enlisted Airmen.

"Eighty-five percent of the squadron are first term Airmen," said Nelson Ashley, U.S. Air Force Honor Guard Formal Training director. "Laterals bring Air Force knowledge and experience, which is beneficial to help to mold and mentor our young Airmen."

Noncommissioned officers in the Honor Guard have a unique opportunity to lead a dynamic group of Airmen while learning all aspects of drill and ceremony and military customs and courtesies.

"While serving here, Airmen will



Photo by Staff Sgt. Nichelle Anderson

The U.S. Air Force Honor Guard Drill Team performs during the 2013 Joint Service Drill Exhibition at the Lincoln Memorial in Washington, D.C., April 13. The exhibition was held to showcase excellence and precision within our Armed Forces.

hone skills such as attention to detail, military bearing and pride in being an Airman," said Ashley. "They will acquire traits that will help them to stand a little taller, wear the uniform a little prouder and be a model of our core values."

Just as important as gaining more NCOs to lead the Honor Guard troops, increasing the diversity in the Honor Guard is also among their priorities. Females make up approximately 20 percent of the Air Force, but less than two percent are represented in the Honor Guard.

"Diversity enhances our capabilities and gives the Air Force a greater competitive edge in air, space, and cyberspace," said Senior Master Sgt. Meshelle Dyer, Air Force Honor Guard chief enlisted manager. "The Air Force Honor Guard represents every Airman to the nation and the world. Our diversity enhances the Air Force's abilities to attract, recruit, develop, mentor and retain the best

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Local students submit Earth Day posters

Courtesy artwork



"Take Care of My Earth."
Maria-Sofia Lundy, kindergarten



"Every Day is Earth Day."
Robyn Gleason, elementary school



"Think Twice About Littering."
Julia Harper, middle school



"Reuse, Reduce, Recycle."
Joyce D. Flores, high school

By Steve Elliott
JB-SA-FSH News Leader

Students from throughout the Joint Base San Antonio school districts showed their concern for the Earth and its environment by creating a variety of colorful posters celebrating Earth Day, which was April 22.

The poster competition was open to grades kindergarten through 12th grade, with 42 posters turned in and four overall winners chosen in kindergarten, elementary school, middle school and high school categories.

Artists were allowed to use traditional media such as oil, acrylic, tempera, watercolors and illustrations, as well as computer graphics, in their original concepts. Submissions had to represent the unique style and imagery of Earth Day and reflect the spirit of all JB-SA locations.

In the kindergarten category, Maria-Sofia Lundy from Randolph Field Independent School District's Randolph Elementary School took top choice with her three-dimensional presentation titled "Take Care of My Earth."

In the elementary school category, third-grader

Robyn Gleason of Randolph Elementary School took the top spot with her watercolor artwork titled "Every Day is Earth Day."

For the middle school category, sixth-grader Julia Harper from Stacey Junior/Senior High School from the Lackland ISD on JB-SA-Lackland won with her crayon rendering titled "Think Twice About Littering."

In the high school category, senior Joyce D. Flores from Randolph High School took first place with a digitally created work titled "Reuse, Reduce, Recycle."

DOD backs military spouse training, careers

By Terri Moon Cronk
American Forces Press Service

The Defense Department is committed to helping military spouses find jobs and offers resources for education, training and networking, said the department's spouse employment and career opportunities program manager.

With Military Spouse Appreciation Day coming up Friday, Meg O'Grady told American Forces Press Service she wants spouses to know what the program offers.

It includes avenues such as the Military Spouse Employment Partnership, comprising more than 160 employers who hire military spouses as a priority, networking through social media, an e-mentoring program, and participation in Hiring Heroes and the Joining Forces

initiatives, she said.

Program counselors are available on installations to support spouses throughout their employment life cycle, she added.

"DOD is committed to improving the quality of life for military families, and we know military spouse employment is a large part of that," O'Grady said.

"[Employment] contributes to the resilience and financial stability of the family. And most importantly, if a military spouse is stable in a career, the spouse has created a cushion of security when the service member transitions back to the community."

Enhancing spouse stability and military family quality of life also aids retention, she said. "If a spouse has a career that allows him or her to move throughout the

service member's career, they're more likely to support retaining the military career," O'Grady explained.

"As part of the [MSEP] partnership, we've focused on a specific sector of nonprofit partners who advocate for military families," O'Grady said. "Three are Blue Star Families, the National Military Family Association of America, and the Military Officers Association of America."

The MSEP also has hired more than 43,000 military spouses in the past 12 months, O'Grady noted, and in November, some 30 more companies will join the partnership of more than 160 strong.

O'Grady added that the partnership also will produce a new resource – the Spouse Ambassador Program.

"It formalizes the part of the part-

nership what those partners are already doing, which is spreading the word about the resources, tools and services," available for spouse employment through SECO and the MSEP, she said.

The ambassadors provide information about the programs to other military spouses, in addition to spreading the word in communities and to employers who want to hire military spouses. "They provide a connection for us," she added.

Joining Forces, an initiative launched by First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, is an important partner in hiring spouses, O'Grady said.

"We provide them with all our in-

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formation to disseminate to military spouses. They provide a big connection for us and spread the word on our programs and services,” she said.

The U.S. Chamber of Commerce’s Hiring Our Heroes Military Spouse Program is another of DOD’S most-active partners, O’Grady said.

“We have partnered with Hiring Our Heroes to provide opportunities to military spouses to find careers, not only in military communities, but all over the United States,” she said. This new effort with the chamber is expected to help support networking and career fairs for spouses, she added.

“We also know networking is a very important way to find information and careers,” O’Grady noted, suggesting the MilSpouse eMentor Program, and the Business and Professional Women’s Foundation.

“Through the Business and Professional Women’s Foundation, a spouse can find a mentor who will take her through the process of exploring a career, help her find the training and education that’s necessary for [that] career and actually help her look for a [career] opportunity,” O’Grady said.

She said social media also has become a popular networking tool, so MSEP has set up accounts with Facebook, Twitter and LinkedIn.

“Through social media, we’ve networked with our 160 partners, so spouses can find information about [the companies] and opportunities that are offered,” she added.

Of the many job fields open to military spouses, O’Grady said, allied health care is one at the top, yet other career choices includes information technology, education, child care, retail, engineering and executive-level jobs.

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possible Airmen.”

Airmen selected to be a part of the Air Force Honor Guard will complete a three or four-year controlled tour during which they have an opportunity to participate in ceremonies for the President, Secretary of Defense, Chief of Staff of the Air Force, among other national and international dignitaries. However, the duty they train for the most is also the most rewarding - to honor Airmen and their families every day during funeral services at Arlington National Cemetery.

“The Air Force Honor Guard represents the Air Force to the nation and the world,” said Chief Master Sgt. Dennis Douglas, 11th Operations Group Ops Cell chief.

For more information on how to join the Air Force Honor Guard, visit <http://www.honorguard.af.mil/recruiting/index.asp>.



Texting fail: Perils of distracted walking

By Art Powell

U.S. Army Combat Readiness/Safety Center

Thanks to smartphones and the Internet, videos of people walking and texting their way into an embarrassing adventure aren't difficult to find. While they may provide a laugh, distracted walking accidents can hurt, or even prove fatal.

According to Dr. Joe MacFadden, research psychologist, Human Factors Directorate, U.S. Army Combat Readiness/Safety Center, Army data doesn't currently show a trend in texting while walking accidents. That doesn't mean, however, they don't happen.

“Pedestrian accidents may seem rare, especially when compared to privately owned vehicle and motorcycle accidents,” MacFadden said. “But a number of incidents go unreported, so the issue isn't on the radar.”

“Many pedestrians who suffer minor injuries due to texting, talking or video streaming while walking may be embarrassed and not report the whole story to their safety office or leader.”



There's also an issue with reporting in the non-military population.

Nationwide, approximately 1,150 people are treated in hospital emergency rooms annually for distracted

walking injuries, according to the U.S. Consumer Product Safety Commission. They believe the total is probably higher though, because patients might not admit they were using an electronic device. Many police departments don't collect that information in accident reports either.

Since problems with distracted walking are still emerging, it's important to be proactive.

“Smart motorists know the best way to talk on their portable device is to get out of traffic and come to a stop so they can talk,” said Walt Beckman, a safety specialist in the Driving Directorate, USACR/Safety Center. “The same holds true with texting and walking. If you're in a busy area, stop and complete your texting in a safe place, then resume walking.” MacFadden echoed those thoughts.

“Pedestrian accidents are senseless occurrences and can easily be prevented if people pay more attention to their surroundings and potential hazards than the distraction of electronic devices,” he said.

Military Pets Can Fetch \$300 in 'Just Say Treat' Contest

Chris Ward

Army & Air Force Exchange Service Public Affairs

It may be a dog eat dog world, but the latest Exchange contest is focusing on the cuddlier side of these furry, feathered and sometimes finicky companions. With the Army & Air Force Exchange Service's Patriot Family "Just Say Treat" contest, a pet picture and 50 words could be worth \$300.

The Patriot Pet "Just Say Treat" photo/pet contest launched May 1 online at <http://www.shopmyexchange.com> and the Exchange Facebook page. Shoppers need only to submit a photo of their pet or pets along with a 50-word or less description for a shot at a \$300 Exchange gift card.

"Pets are a very important part of our lives," said the Exchange's Senior Enlisted Advisor Chief Master Sgt. Tony Pearson. "They provide many of us with companionship and friendship, so it's only fair we take this opportunity to crow and bark about our pets."

For more information and links to enter the Patriot Pet "Just Say Treat" contest



go to <http://shopmyexchange.com/patriotfamily> or visit the Exchange Facebook page at <http://www.facebook.com/aafes.bx.px>.



Courtesy photo/ Paseo del Rio Association

River parade to honor military

By Mike Joseph
JBSA-Lackland Public Affairs

San Antonio will lead the nation in celebrating National Armed Forces Day Saturday with the America's Armed Forces River Parade in downtown San Antonio.

The Paseo del Rio Association's annual Armed Forces tribute begins at 6 p.m. It will be broadcast locally

on television station MY35. More than 55 cities have also signed on to host a syndicated broadcast, including the Pentagon Channel.

The river parade is free to view from the patios and balconies of River Walk businesses or from the banks of the River Walk. Reserved seating (\$20 each) is available at the Arneson

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Learn how to protect your hearing

By Col. Marjorie Grantham
Army Hearing Program Manager, U.S. Army Public Health Command

While most of us are aware that hazardous noise damages hearing, learning how to protect ourselves so we can live and work in a world of sometimes dangerous sounds is just not intuitive.

Whether your favorite noisy recreational activity involves shooting, hunting, musical concerts, working out to tunes on your personal listening system, jamming with your band, boating or fishing on your favorite local waterway, achieving the perfect garden or taking in a sporting or Scouting event – there is a hearing protector that is right for you.

You can reduce your hazardous sound exposure by listening to music below the halfway point for the volume control, by limiting your listening time and by giving your ears some quiet time to recover.

How do you know when you need hearing protection? If you are standing 3 feet away from someone, and have to raise your voice above the background sounds or if you are facing someone and the noise is so loud that you cannot hear them from this distance, use hearing protectors.

Earplugs, earmuffs and communications and protection systems, such as tactical communications and protective systems, come in many different styles.

If you are unsure whether hearing protectors fit or are the right kind for the sounds you experience, check with



Courtesy illustration

an audiologist or hearing technician.

Even very young children can wear earplugs, as very small sizes are available. Remember that proper insertion, before you go into the noisy environment, is the key to your hearing preservation. For example, be sure foam earplugs are inserted at least three-fourths of their length into the ear canal.

It's not inevitable that you retire from the military with hearing loss. Research shows if you wear proper hearing protection at the right times, you'll retire from service with your hearing intact. Best of all, you can enjoy your favorite sounds off duty as well.

For more information, visit the U.S. Army Public Health Command website at <http://phc.amedd.army.mil/>.

BMT HONORS

Congratulations to the following 56 Airmen for being selected as honor graduates among the 567 Air Force basic military trainees who graduated today:

320th Training Squadron*Flight 345*

Nicholas Bahr
Jeremy Blocker
Frank Chico
Rhett Cooper
Aaron Cunningham
Charles Hoadley
Rocky Laycock
Adam Lindsey
Jordan Renfrow
Zachary Sandoe
Damien Shaffer
Tyler Shryock
Christopher Walker

Flight 346

Maricel Dacosta
Elliot Deutsch
Candice Flournoy
Marilyn Hartman
Nicole Haupt

Cassandra Hughes
Gale McCall
Brigette Waltermire

321st Training Squadron*Flight 349*

Jeffrey Steddum

Flight 350

Drew Hill
Cody Peterson
Ian Shaw
Jordan Smith

323rd Training Squadron*Flight 343*

William Johnson
Erik Olsen
Alexander Stevens

Flight 344

Anthony Arthur
Samuel Christensen
Zachary Claus
William Deupree
Patrick Doherty
William Johnson
Kevin Ohara
Jarrod Snook

Benjamin Zalinger

Flight 352

Jonathan Holden
Darrell Pressley

Flight 353

Daniel Evans
Jesse Green
Kyle Jorgensen
Lincoln Stroud

Flight 354

Cassandra Brigham
Hannah Howey
Aleksandra Osborne

326th Training Squadron*Flight 347*

Micheal Howard
Jonathan Messer
Matthew Pryor
Trent Steinmann

Flight 348

Michael Andrews
Colton Gere
Nathaniel Heron
David Parks

Anthony Romero

331st Training Squadron*Flight 335*

Samuel Daniels
William Edwards
Will Jansma
Jordan Meek
Xavier Tatum

Flight 336

Christopher Askew
Cloma Tomas IV
Michael Franklin, Jr.
Jarrod Goodman
Jacob Jennings
Dustin Lumpkin
Charles Lush
Alexander Matz
Andre Morgan
Nickolas Spreen
James Stillman

Top BMT Airman

Jordan Renfrow

320th TRS 345

Most Physically Fit*Male Airmen*

Dillon Tennison
323rd TRS, Flight 343

Adam Schulte

320th TRS, Flight 345

Cameron Bunkley

323rd TRS, Flight 343

Zachery Bourgeault

323rd TRS, Flight 343

Female Airmen

Paige Hoag

320th TRS, Flight 346

Marilyn Hartman

320th TRS, Flight 346

Emily Russell

320th TRS, Flight 346

Cheyenne Plaster

320th TRS, Flight 346

Male Flights

320th TRS, Flight 345

323rd TRS, Flight 343

Female Flights

320th TRS, Flight 346

323rd TRS, Flight 354

Top Academic Flights

320th TRS, Flight 345

326th TRS, Flight 347

321st TRS, Flight 349

323rd TRS, Flight 353

326th TRS, Flight 348

323rd TRS, Flight 352

321st TRS, Flight 350

2013 SPRING GAMES



A competitor in the San Antonio Special Olympics Spring Games shows off his first-place medal after winning the tennis competition.

'People are our business!'

JBSA-Lackland First Sergeants Council volunteers time during San Antonio Special Olympics Spring Games

By Mike Joseph
JBSA-Lackland Public Affairs

Volunteers from the Joint Base San Antonio-Lackland First Sergeants Council left the San Antonio Special Olympics Spring Games "fulfilled" after working the event at Frank Mata Stadium May 4.

The enthusiasm and camaraderie between the participants and the volunteer first sergeants was contagious. It spread back and forth between the athletes and the volunteers.

"It was my first time participating in such an event and I left with a feeling of fulfillment and joy because of the amazing athletes," said Senior Master Sgt. Brian English, JBSA-Lackland First Sergeants Council president.

"It was wonderful to see how much they appreciated us," said English. "Little did they know, we were the ones looking up to them instead of them looking up to us."

Participating as workers at the Special Olympics was this quarter's community outreach program for the council. More than 40 first sergeants gave up part of their weekend to serve the local community.

"The attitude of the athletes and their smiles were awesome to see," said Master Sgt. Tonya White, first sergeant for the 59th Medical Support and 59th Patient Squadrons.

"I knew I would enjoy being there before hand, but my expectations were exceeded by just how fun it truly was," White said. "There was a great camaraderie among the first sergeants and that carried

over to the athletes. It culminated in a great day."

White served as one of the council's coordinators for the event. The Special Olympics experience further enhanced why the 18-year veteran decided to become a first sergeant.

"I get to help people every single day," said White, who became a first sergeant last November. "I had envisioned the participants being excited, happy and motivated. It spread to us."

"It reinforced why I chose to do this job. When the email was sent out looking for help, I knew it was

right up my alley. I've helped with Special Olympics before but in a different capacity – as a regular Joe, not a first shirt. This is the first time I had a direct hand in the outcome."

English, 959th Inpatient Operations Squadron first sergeant, said the organization supports the Special Olympics because a number of council members have family members with special needs.

"We thought what could be a better way to show San Antonio that we live by the First Sergeant motto: 'People are our business!'" he concluded.



Special Olympics
Texas



Courtesy photos/JBSA-Lackland First Sergeants Council



Pertussis cases prompt alert from JBSA-Randolph health officials

By Robert Goetz
Randolph Public Affairs

Two recent confirmed and treated cases of pertussis at the Joint Base San Antonio-Randolph Medical Clinic have prompted 359th Aerospace-Medicine Squadron Public Health Flight officials to raise awareness of the disease and to encourage people to immediately seek medical help if they have been exposed to it or exhibit the symptoms.

The cases, which occurred in April, involved elementary school students in the Judson and Schertz-Cibolo-Universal City independent school districts who are Department of Defense beneficiaries.

"There is no cause for alarm, but due to the progressive spread of infection, awareness has to be increased to local and neighboring schools and districts," Senior Airman Shannon Anderson, 359th AMDS Community Health Element preventive medicine technician, said. "Our public health flight's primary objective is to break the chain of infection. We will continue to closely monitor this situation and keep JBSA members informed."

Pertussis, also known as whooping cough, is a highly contagious bacterial respiratory infection seen in all age groups, but is most dangerous for children under 1 year old, especially infants less than 6 months old, he said. It may begin with cold-like symptoms such as runny nose, low-grade fever and a mild, occasional cough that gradually becomes more severe and may

last for several weeks or even months. In some cases, deep breaths result in a "whooping" sound.

Maj. William Lujan, 359th AMDS Public Health Flight Commander, said the 359th Medical Group worked with the Texas Department of State Health Services, Region 8 on the confirmed cases at the clinic.

"We work together on cases like these," he said. "We make sure all household contacts are treated because pertussis is very contagious."

Pertussis is spread from person to person, according to the Centers for Disease Control and Prevention. People with the infection spread it by coughing or sneezing while in close contact with others, who breathe in the pertussis bacteria.

"Anyone with a cough illness lasting two weeks or longer and/or anyone who has attacks of coughing should be evaluated for pertussis and should avoid close contact with others until evaluated by a health care provider," Anderson said.

Capt. Michael Scannon, 359th AMDS Public Health Flight deputy commander, said medical facilities must follow a certain protocol for pertussis patients.

"When people talk to their medical provider, they should make it clear they or their children are potential pertussis cases," he said. "We have to make sure it's not spread to other patients."

It's also important that potential pertussis patients call ahead of time before visiting the clinic, Lujan said.

"The last thing you want is for them to sit in the waiting room," he said. "We'd rather they call ahead if they believe they have pertussis. We'll make arrangements for them to meet us in the back of the facility, provide them with a breathing mask and take them to a less populated part of the clinic."

Vaccines are the best defense against pertussis, Lujan said.

"It's not 100 percent, but it will make symptoms less serious in most cases," he said.

The recommended vaccine for children, called DTaP, protects them against diphtheria, tetanus and pertussis and is administered five times before the age of 7 for maximum protection, Anderson said. A booster vaccine, called Tdap, is recommended at 11 or 12 years old and at 19 years of age and older for those who didn't get the Tdap vaccine as a preteen.

Treatment of pertussis involves a five-day course of antibiotics, he said. Patients on antibiotics should stay home and avoid contact with all persons outside of the household for those five days.

According to the CDC, more than 27,000 pertussis cases were reported in the U.S. in 2010, the most since 1959, when 40,000 cases were reported. Worldwide, there are an estimated 30-50 million cases and about 300,000 deaths per year.

The incidence of pertussis varies from year to year, but tends to peak every five years, Lujan said.

For more information, call Anderson at 652-1876.

LOCAL BRIEFS

SATURDAY

GATEWAY BRASS TO PERFORM

The U.S. Air Force Band of the West's Gateway Brass will perform at the Armed Forces Day Fly-In Saturday at South Texas Regional Airport in Hondo.

The group will provide music for the opening and veterans ceremonies, and also have an afternoon concert.

The event is open to the public. The cost is \$10 for adults and free for military personnel in uniform. Gates open at 9 a.m.

In addition to Saturday's performance, Gateway Brass will hold two free concerts: Thursday, 7 p.m., at the Arneson River Theater in downtown San Antonio; and May 26, 1 p.m., at San Antonio Botanical Garden.

For more information, visit <http://www.bandofthewest.af.mil>.

PARKING LOT FLEA MARKET

A flea market in the Warhawk Fitness Center parking lot is Saturday, 8 a.m. to noon.

Vendor spots are \$10 or \$15

with table.

Call the Skylark Community Center at 671-3191 to register or for additional information.

WEDNESDAY

RETIRED ENLISTED ASSOCIATION MEETING

Retired Enlisted Association Chapter 80 meetings are held at the Gateway Club every fourth Wednesday of the month at 1 p.m.

For details, call 658-2344.

MAY 31

AAPHA HERITAGE MONTH CEREMONY

The closing ceremony for JBSA Asian-American Pacific Heritage Month at Lackland is May 31, 11:30 a.m. to 1 p.m., at Arnold Hall Community Center.

Free food and entertainment will conclude the month's activities on this year's theme, "Building Leadership: Embrace the Cultural Values and Inclusion."

For more information, contact Senior Airman Alexa Jaime at 292-8410 or Master Sgt. Paul Bell at 925-1714.

INFORMATIONAL

CARSWELL AVENUE DETOUR

All lanes of Carswell Avenue

between Luke Boulevard and Building 9129 will be closed until July 31 for installation of a troop bridge to connect the Airman Training Complex east campus to the ATC west campus.

North-south traffic on Carswell will be routed west of Building 9129 and the softball complex.

STARBASE KELLY SUMMER PROGRAM

Starbase Kelly, sponsored by the 433rd Airlift Wing, offers a free summer educational program to children who are associated with Joint Base San Antonio-Lackland, and who have completed either the fourth or fifth grade.

The program includes aircraft tours, scientific experiments, teamwork and goal setting, rocket building and launching, computer aided design, and computer flight simulation.

Two sessions are offered, July 15-19 or July 29-Aug. 2. Program hours are 9 a.m. to 2:30 p.m.

The sessions are held at the 433rd AW ramp in Building 909. Children need to bring lunch.

Register via email by submitting the child's name, address, home telephone and grade completed this

year. Include the sponsor's name, organization and duty phone, and the session requested to starbase@clear.net.

For additional information, e-mail Starbase Kelly or contact Ron Jackson at 925-5397.

FITNESS CENTER RENOVATIONS

Major renovations at the Warhawk Fitness Center continue through Aug. 9.

The basketball court, women's locker room, one men's locker room and the family fitness room will be closed during the renovation.

All fitness classes will move to the Chaparral Fitness Center with the same class time schedules.

However, the weight room, cardio room and the main men's locker room will remain open during the project and the fitness assessment cell will continue as scheduled.

For additional information, call 671-2016.

FIRING RANGE TRESPASS NOTICE

Trespassing on the Medina Firing Range is illegal and dangerous.

Weapons training is conducted daily at the firing range, located at 900 Patrol Rd. on the Joint Base San

Antonio-Lackland Training Annex at Medina.

For additional information, contact the 37th Training Support Squadron's Combat Weapons Section range control office at 671-2349 or 671-4621.

CUSTOMER SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes on the third Tuesday of each month in the second floor conference room of Building 5160.

Classes and start times are: Block I General Supply Training at 8 a.m., Block II Bench Stock Training at 8:45 a.m. and Block III Equipment Custodian Supplemental/Refresher Training at 9:30 a.m.

For additional information or to register, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

AFAF CAMPAIGN EXTENDED

The Air Force Assistance Fund drive at Joint Base San Antonio-Lackland ends Friday.

For information or to make a donation, contact 1st Lt. Ryan Nichols at 925-5721 or a Unit Project Officer.

CHAPEL SERVICES

PROTESTANT

Freedom Chapel -Building 1528

| | |
|----------------------|------------|
| <i>Sunday</i> | |
| Contemporary Service | 9:30 a.m. |
| Religious Education | 11 a.m. |
| Gospel Service | 12:30 p.m. |
| <i>Wednesday</i> | |
| AWANA | 6 p.m. |

Hope Chapel -Building 10338

| | |
|----------------------|------------|
| <i>Sunday</i> | |
| Contemporary Service | 11 a.m. |
| Spanish Service | 12:30 p.m. |

Airmen Memorial Chapel -Building 5432

| | |
|--------------------|--------|
| <i>Sunday</i> | |
| Liturgical Service | 8 a.m. |

DENOMINATIONAL

BMT Reception Center -Building 7246

| | |
|------------------|-----------|
| <i>Sunday</i> | |
| Church of Christ | 7:30 a.m. |

Gateway Chapel -Building 6300

| | |
|-----------------------|------------|
| <i>Saturday</i> | |
| Seventh-day Adventist | 12:30 p.m. |

Education Classroom -Building 5200

Rm. 108

| | |
|-------------------|-----------|
| <i>Sunday</i> | |
| Christian Science | 7:30 a.m. |

ROMAN CATHOLIC

Freedom Chapel -Building 1528

| | |
|------------------------|------------|
| <i>Sunday</i> | |
| Religious Education | 9 a.m. |
| Mass | 11 a.m. |
| <i>Monday - Friday</i> | |
| Daily Mass | 11:30 a.m. |

Hope Chapel -Building 10338

| | |
|-----------------|-----------|
| <i>Saturday</i> | |
| Reconciliation | 4:30 p.m. |
| Mass | 5:30 p.m. |

ORTHODOX CHRISTIAN

Airmen Memorial Chapel -Building 5432

| | |
|---------------------|--------|
| <i>Sunday</i> | |
| Religious Education | 8 a.m. |

WICCA

BMT Reception Center -Building 7246

| | |
|----------------------|------------|
| <i>Sunday</i> | |
| Military Open Circle | 12:30 p.m. |

Freedom Chapel -Building 1528

| | |
|----------------------|--------|
| <i>1st Tuesday</i> | |
| Military Open Circle | 6 p.m. |

JEWISH

Airmen Memorial Chapel -Building 5432

| | |
|-------------------|--------|
| <i>Friday</i> | |
| Sabbath & Kiddush | 4 p.m. |

| | |
|---------------------|------------|
| <i>Sunday</i> | |
| Religious Education | 12:30 p.m. |

ISLAMIC

Global Ministry Center -Building 7452

| | |
|---------------|-----------|
| <i>Friday</i> | |
| Jummah Prayer | 1:15 p.m. |

| | |
|---------------------|--------|
| <i>Sunday</i> | |
| Religious Education | 9 a.m. |

BMT Reception Center -Building 7246

| | |
|---------------|---------|
| <i>Sunday</i> | |
| Buddhist | 10 a.m. |

Gateway Chapel -Building 6300

| | |
|---|------------|
| <i>First, third and fifth Saturdays</i> | |
| Eckankar | 12:30 p.m. |

| | |
|---|---------|
| <i>First, third and fifth Saturdays</i> | |
| Baha'i | 11 a.m. |

OTHER FAITH GROUPS

THE CHURCH OF LATTER-DAY SAINTS

Hope Chapel -Building 10338

| | |
|---------------------|-----------|
| <i>Tuesday</i> | |
| Religious Education | 6:30 p.m. |

| | |
|-----------------|-----------|
| <i>Thursday</i> | |
| LDS Institute | 6:30 p.m. |

| | |
|---------------|--------|
| <i>Sunday</i> | |
| LDS Service | 8 a.m. |

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

| | |
|-----------------------------------|--------------|
| Air Force Aid Society | 671-3722 |
| Airman & Family Readiness Center | 671-3722 |
| Airman's Attic | 671-1780 |
| American Red Cross | 844-4225 |
| Base Post Office | 671-1058 |
| Bowling Center | 671-2271 |
| DEERS | 800-538-9552 |
| Exceptional Family Member Program | 671-3722 |
| Family Child Care | 671-3376 |
| Legal Office | 671-3362 |
| Library | 671-3610 |
| Medical Appointment Line | 916-9900 |
| MPF ID Cards | 671-6006 |
| Outdoor Recreation | 925-5532 |
| TRICARE Info | 800-444-5445 |
| Thrift Shop | 671-3608 |

| | |
|-------------------------|---|
| Enlisted Spouses' Club | http://www.lacklandesc.org |
| Force Support Squadron | http://www.lacklandfss.com |
| Lackland ISD | http://www.lacklandisd.net |
| Officers' Spouses' Club | http://www.lacklandosc.org |
| JBSA Public website | http://www.jbsa.af.mil |
| My Air Force Life | http://www.MyAirForceLife.com |

For more details, contact Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911 • Hope Chapel - 671-2941

WHAT'S HAPPENING

Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE AIRMAN AND FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW. CALL AFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

FRIDAY

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon. For more additional information, call 800-973-7630 or 671-4057.
- ▶ Teaching as a Second Career, 1-3 p.m.

MONDAY

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ The Federal Employment process, taught by Office of Personnel Management, 1-4 p.m.
- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

TUESDAY

- ▶ Understanding the Veterans Administration claims process, 10 a.m.

to noon.

- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon. For details, call 773-354-6131.
- ▶ Resume writing, 11:30 a.m. to 1:30 p.m.

WEDNESDAY

- ▶ Officers' first duty station personal financial readiness briefing, mandatory within 90 days of arrival at JBASA-Lackland, 9 a.m. to noon.

THURSDAY

- ▶ Federal resume process, 11:30 a.m. to 1:30 p.m.
- ▶ Car buying, 10 a.m. to noon.
- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, 1 p.m. For additional information, call 800-973-7630 or 671-4057.

MAY 24

- ▶ The Airman and Family Readiness Center is closed for Air Education and

Training Command family day.

MAY 27

- ▶ The Airman and Family Readiness Center is closed for Memorial Day.

MAY 28

- ▶ An American Veterans national service officer is available by appointment, 8 a.m. to noon. For additional information, call 773-354-6131.
- ▶ Navigating the Exceptional Family Members Program process, 1:30-3:30 p.m.

MAY 29

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBASA-Lackland, Gateway Club, 8 a.m. to 2:30 p.m.
- ▶ Interview With Confidence, 11:30 a.m. to 1:30 p.m.

MAY 30

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT

Reception Center, Building 7246, 1 p.m. For additional information, call 800-973-7630 or 671-4057.

MAY 31

- ▶ Air Force Basic Military Training spouse and parents' seminar, BMT Reception Center, Building 7246, noon.

JUNE 3

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.

JUNE 4

- ▶ American Veterans national service officer available by appointment, 8 a.m. to noon.
- ▶ For additional information, call 773-354-6131.

Monthly Meetings

ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandesc.org>.

MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

On the web

<http://www.lacklandfss.com>



Photo by Olivia Terry

Lindsey Antonovich, a senior airman with the 59th Training Squadron, performs leg presses at the Warhawk Fitness Center. Antonovich placed first in the bikini division of the Texas Shredder Classic April 13 in Austin, Texas.

Senior airman outclasses 150 competitors to win competition

By Jose T. Garza III
JBSA-Lackland Public Affairs

Senior Airman Lindsey Antonovich, a respiratory therapist with the 59th Training Squadron, outlasted 150 competitors to place first in the Texas Shredder Classic bikini division April 13 in Austin, Texas.

She didn't exactly brandish joy in the spotlight when she made the top five. She was rather oblivious.

"When they called up all the girls, they had me go front and side," said Antonovich. "I waved, got back, and then it was the next person's turn."

"After all the girls had their turns, we lined up in a horseshoe because we all needed to see the audience and

the judges," she added. "The judges call out five girls and compare them to each other. They move you around and see who needs to be next to whom in order to compare them adequately and then they have them walk forward and back."

Antonovich was the last one to be called up. As she stood there, number 284 was called out as the winner.

"I was like, who's 284? Why is everyone looking at me? Then I realized, hey I'm number 284," laughs the St. Louis native. "I went out to the center and didn't even know what to do because I had never been called out like that. I had only watched the other girls make that walk."

"I was shocked, and was smiling like

a goof ball," she added.

Olivia Terry, Antonovich's trainer, was not surprised her trainee won. Antonovich trained for eight weeks in preparation for this event.

"Either you are going to put in the work (to win a contest) or not," Terry said. "When I saw she had that goal in mind, I knew we could work together."

Antonovich and Terry are working together for another competition slated for July. Antonovich's goal is to turn pro eventually.

"You want to strategically plan your competitions," Terry said. "The competitions are stepping stones; you can't just get into one or two competitions and decide you're ready to be a pro.

That is not how it works."

Terry believes Antonovich will achieve success in the sport if she's able to address all the training aspects to include diet.

"As long as I can keep her focused on diet habits (she will be successful). The gym part is not going to be difficult. The dieting is going to make a difference in whether you win or lose a contest," Terry said. "I don't care how many days you go to the gym, your dietary habits are going to determine whether you do well in competition or not."

"Dieting can get really hard," Antonovich said. "I don't eat the same thing everyday, which is good. There are things I like to eat, like sweet potatoes. I can eat them, but in moderation."

RIVER from Page 10

River Theatre.

The procession is an unmatched event in the country, held on the world-famous River Walk. It features 25 professionally decorated river barges themed according to their participants, which include all branches of the military, veterans, and military support groups.

Members of Great Britain's Chelsea Pensioners will be honored this year by participating in the parade as allies unite to celebrate the nation's military community.

Tech. Sgt. Natasha Andrews, assigned to the 67th Network Warfare Wing at Joint Base San Antonio-Lackland, was selected to sing the national anthem after competing in an open audition.

"I am incredibly excited to be a part of this parade because I believe it is a great tribute to all of the armed services," said Andrews. "I am new to Lackland and I look forward to a great time."

"It's always nice to see the appreciation and support from loved ones in the local community and around the world," she said.

Joint Base San Antonio employs 90,000 military members, and is the largest joint base in the Department of Defense. According to city officials, there is no more appropriate place to host a national celebration in San Antonio.

"For more than 200 years, the military has played a key role in creating the proud, economically vibrant San Antonio that is widely known as Military City USA," said San Antonio Mayor Julián Castro. "Hosting the America's Armed Forces River Parade reflects the entire community's commitment to honoring the valor and sacrifices of the brave men and women who



Courtesy photo/ Paseo del Rio Association

have served, or are currently serving, in the Armed Forces."

Last year, the Paseo Del Rio Association initiated the first ever military river parade, attracting thousands of visitors from across the state to salute and celebrate the military members.

"Following the parade, a 90-year-old World War II veteran who rode on one of our barges told me this

was the single biggest honor he had been given since his return from duty," said Nancy Hunt, PDRA executive director. "That is incredible to me. To be able to come together as a community each year and provide the men and women of our Armed Forces with a celebration to thank them for all they have given – and continue to give for our country – to me, that is what this parade, and this city, is all about."



New kind of emergency room may not be TRICARE authorized

TRICARE beneficiaries may have noticed new kinds of "emergency centers" popping up in their area.

It may seem like a tempting health care option, but free-standing emergency rooms that are not affiliated with a hospital may not be TRICARE-authorized.

If a provider – such as a free-standing ER – is not authorized, then TRICARE is prohibited from paying its "facility fees." That can leave a beneficiary stuck with a big bill.

Beneficiaries need to "know before you go." Check a free-standing ER's TRICARE status – before emergency care is needed.

TRICARE defines an emergency department as an organized, hospital-based facility available 24 hours a day providing emergency services to patients who

need immediate medical attention. Emergency departments affiliated with a hospital are most likely TRICARE-authorized providers.

Beneficiaries who seek care at a free-standing ER need to ask if the facility is affiliated with a hospital-based emergency department. If it isn't, the beneficiary will need to make a decision about getting care elsewhere or being responsible for the facility charges.

Beneficiaries can check if a provider is TRICARE-authorized by calling their regional contractor. Contact information for regional contractors is available at <http://www.tricare.mil/contactus>. All TRICARE network providers are also searchable at <http://www.tricare.mil/findaprovider>.

Learn more about emergency care under TRICARE at www.tricare.mil/emergency.